

SCENIC VALLEY AREA AGENCY ON AGING NUTRITION PROGRAM

Serving days and times may change. Call in advance
for information and to make reservations.

Alverno Apartments

3525 Windsor Ave., Dubuque
582-2364 | Serving: M-F 11:30

Bellevue Community Center

1700 State Street, Bellevue
872-4666 | Serving: M-F 11:30

Cascade Senior Center

109 1st Ave W, Cascade
852-3047 | Serving: M-F 11:30

St. Francis Community Center

120 3rd Street S.W., Dyersville
875-2600 | Serving: M-F 11:30

Fireman's Hall

103 2nd Ave NW, Farley
875-2600 | Serving: T,TH 11:30

Heritage House

7396 Columbus St, New Vienna
875-2600 | Serving: Second,
Third & Fourth Thursdays 11:30

Golden Age Activity Center

1208 West Marion, Manchester
927-5473 | Serving: M-F 11:30

Delhi United

Methodist Church
304 Market, Delhi

Fellowship Hall

927-5473 | Serving: TH 11:30

Fire Station

117 N Center, Dundee
Community Room
927-5473 | Serving: W 11:30

Earlville United Parish

UCC-UMC
111 North West, Earlville
927-5473 | Serving: M-F 11:30

Jackson County

Senior Center
1000 East Quarry, Maquoketa
652-6771 | Serving: M-F 11:30

Ecumenical Towers

250 West 6th Street, Dubuque
556-5586 | Serving: M-F 11:00

Dubuque Lifetime Center

3505 Stoneman Rd, Dubuque
556-3305 | Serving: M-F 11:30

“ I am not always
physically able to
shop, cook, and/or
feed myself. ”



The inability to shop, cook, and/or feed oneself is not only difficult and frustrating to deal with, but it can also be detrimental to your nutrition status and overall health.



Scenic Valley Area Agency on Aging's programs and policies are consistent with pertinent federal and state laws and regulations on nondiscrimination regarding race, color, national origin, religion, sex, age and handicap.

Here are some tips that may help you:

Don't be afraid to ask for help:

- Contact your local Administration on Aging office, Social Security office, Senior Center, food banks, and church.
- Ask a friend or family member for staple grocery items instead of them taking you out for a meal. The groceries will last longer.
- Have a meal at your local senior center. It gets you out of the house and you can meet new people.
- Look into your local Meals on Wheels program if it is hard for you to get out of the house. They provide tasty, nutritious meals.
- Think about applying for food assistance programs.
- Let friends or family help with grocery shopping and meal preparation.



Things you can do for yourself:

- If you have leftovers from a meal with family or friends, freeze them in single-portion servings to eat at a later date.
- Have easy-to-prepare foods like fresh fruit, string cheese, frozen dinners, instant soup or cereal mixes, yogurt, and whole grain cereals on hand.
- Peel, chop, or mix foods while sitting at the table.
- If you feel particularly good one day, make extra and freeze for leftovers.

Source: Nutrition education information provided by the Registered Dietician, Greater Wisconsin Area Agency on Aging Resources, Inc., January 2009.

FIND THE SCENIC VALLEY AREA AGENCY ON AGING IN YOUR COUNTY:

Delaware County

1208 West Marion Street, Manchester, IA 52057
Ph 563-927-5037 | Fax 563-927-6134

Dubuque County

Fountain Park-Springs Building
2728 Asbury Road, Dubuque, IA 52001
Ph 563-588-3970 | Fax 563-588-1952

Jackson County

1000 East Quarry Street, Maquoketa, IA 52060
Ph 563-652-6771 | Fax 563-652-6771

E-mail: mail@scenicvalley.org
Web site: www.scenicvalley.org